

2016 programmes on a plate

week 42 to 51: it's all about the cubs

overview

| WEEK | THEME | CHALLENGE | SILVER WOLF | GOLD WOLF |
|------|-------|-----------------------------------|---|---|
| 42 | O | Awareness and Outdoor Challenge | <p><i>Living with Nature:</i> Show that you know the Outdoor Code and make an item using natural materials.</p> <p><i>Campcraft:</i> Fire Safety revision</p> <p><i>Compass and Mapping:</i> Identify a simple object viewed from the side and top to illustrate the difference in shape.</p> | <i>Campcraft:</i> Fire safety revision |
| 43 | R | Awareness Challenge | <i>Healthy mind:</i> Take part in a memory game with your pack. | <i>Growing things:</i> Make and use compost from unwanted vegetation. |
| 44 | S | Awareness Challenge | <i>Healthy living:</i> Explain the importance of washing your hands before handling food, before eating, and after using the washroom. | None |
| 45 | U | Awareness and Community Challenge | <p><i>Growing things:</i> Grow a seed in a transparent container. When it is big enough plant it in soil.</p> <p><i>Service:</i> make a gift and give it to a friend or family member.</p> | <i>Growing things:</i> Make or lay out a vegetable bed or herb garden OR prepare a seed bed/container and plant flower seeds. |
| 46 | D | Awareness and Aptitude Challenge | <i>First Aid:</i> Use your scarf or a triangular bandage as an arm sling. | <p><i>Healthy Living:</i> Find out about two infectious diseases and discuss with your Pack Scouter/Pack how to prevent them from spreading.</p> <p><i>First Aid:</i> Show how to stop bleeding by using direct pressure.</p> |

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| 47 | T | Aptitude and Outdoor Challenge | <i>Flags and Country:</i> Learn the words of the National Anthem and sing it together with other Cubs. <i>Time:</i> Show how to tell the time and demonstrate the importance of being punctual. | <i>Time:</i> Show and adult that you know what time to carry out important actions during the day. |
| 48 | B | Awareness Challenge | None | <i>Living with Nature:</i> Build a simple bird feeder and observe the birds that visit for at least two weeks OR hold the bird's badge. |
| 49 | Y | Aptitude Challenge | <i>First Aid:</i> Show how to treat a simple cut and graze. | <i>First Aid:</i> Show how to treat burns, scalds, insect bites and stings and how to remove a splinter. |
| 50 | E | Awareness Challenge | <i>Conservation:</i> Explain to a Pack Scouter what conservation means. | <i>Living with nature:</i> Find out about two endangered species in South Africa and tell the Pack about them. |
| 51 | DO YOUR BEST | None | None | None |

The idea behind the programmes for the first term for 2016 is that each week a different letter of the alphabet will be used as a theme.

Explain to the Cubs that if they attend every week and become familiar with the letters, at the end of 9 weeks they will be able to spell out a familiar phrase important to them.

Just note that there are two "O"s in the phrase and only one "O" is a programme so when you run the "O" programme, emphasise that there are two "O"s. The last meeting of the term will spell out what the letters stand for and that will be the theme for the last programme – DO YOUR BEST.

If you are not running 9 programmes plus 1 for DO YOUR BEST at the end, then double up on the letters in the programmes.

The theme will only work if all the letters are covered.